

OWN THE TEE BOX

Tilt To Win

Proper sequencing during the downswing is essential. Train your right side correctly, and you'll be hitting longer, straighter drives in no time.

RELEASE IT

As you straighten your left leg, pull your left thigh up and behind you. Doing so slams the brakes on your body's forward momentum, forcing the club to whip past at breakneck

When you watch tour players start the downswing, they have a combination of right side tilt and rotation in their upper bodies. The tilt in their upper body lets the hips move laterally as the club comes down, a sequencing which allows their body to turn freely into impact. Typically, amateurs only have rotation. They unwind with their upper body, which throws the club into a different orbit out to the right and leads to them coming across the ball through impact. When you're starting your downswing, you want to feel the you want to decrease the distance between your right shoulder and your right hip. It'll help you eliminate that slice and hit straighter, more powerful drives. Right side tilt means the right side is working down towards the ground.

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